

WEEKLY BULLETIN

8th December to 14th December

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Receive a FREE ELEMIS gift set when you purchase two of more ELEMIS products.



Gift selection include: Pro collagen energising marine cleanser 30ml, Dynamic resurfacing pads, Pro collagen cleansing balm, Pro collagen marine cream spf 30 15ml. While stocks last.

ELEMIS MINI TREATMENTS

- Pro-Collagen Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Hand & Arm Treatment

*£25 booking fee, redeemable against the purchase of **two** full size ELEMIS products. **Booking in advance required.***

MAKE-UP MASTERCLASS

Do you feel stuck in the same make-up routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase one or more Clarins products after the workshop.

Held daily in the Beauty Shop at 11.00am.

ADVANCED 3D SKIN ANALYSIS - £15

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health. Find the best skincare product for you. Recommending Clarins, ELEMIS, Sea Magik and Medik8 skincare products. **Bookable via Beauty Shop. Available daily. £15 booking fee redeemable against the purchase of two recommended products after consultation.**

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS Experts at one of our VIP evening workshops. With expert advice on skincare and a chance to win a full sized product too!

Tuesday - **ELEMIS**
Wednesday - **CLARINS**
Thursday - **ELEMIS**

Held in the Beauty Shop 5:00pm.

HIGHLIGHTS OF THE WEEK

STRICTLY BALLROOM

Monday & Tuesday at 11:00am | Sunday at 10:00am
Soul Studio | Complimentary

Combining the elegance of ballroom with the energy of Latin, this fun and effective workout is suitable for all ages and abilities. No dance experience or partner is needed, our instructor will guide you step by step through easy-to-follow routines that will leave you smiling and energised.

RESTORATIVE RELAXATION

Tuesday and Saturday | 5.00pm | Soul Studio

Employing a mix of techniques to soothe both body and mind this class is suitable for all levels and ideal for anyone looking to recover, destress or simply find stillness in their day.

THE TREE OF LIFE GUIDED MEDITATION

Thursday | 3:00pm | Soul Studio | £15

Join Jenifer for an immersive sound meditation session that harmonises the soothing tones of a mini hand drum with guided reflections on nourishment and self-discovery. Each session invites you to focus on nurturing ourselves and finding strength in stillness.

THE ART OF SELF REIKI

Friday | 12.00pm | Soul Studio | £15

A gentle, meditative practice that empowers you to channel healing energy into your own body. Whether you're new to Reiki or deepening your practice, this session offers a chance to reconnect with yourself, restore balance, and experience a deeper sense of mindfulness.

TREATMENTS

REBALANCING MASSAGE | £113 | 75 MINS

Relax your body, restore your energy, and ease muscle tension with this result-driven treatment. Choose between 'Tonic' Oil to help stimulate the body and mind or 'Relax' Oil to invoke a feeling of absolute calm.

CRYSTAL RETINAL AGE-DEFYING FACIAL 60 MINS | £155

A rejuvenating facial powered by Crystal Retinal and a sculpting massage, tailored to your skin's needs. Clinically proven to smooth wrinkles, boost radiance, and improve firmness in just one treatment.

For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303

For more information and how to book your sessions, call 01664 433 043 or ext. 525.

WEEKLY BULLETIN

15th December to 21st December

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Purchase two or more Clarins products one to be skincare or foundation and choose 4 Clarins products from the 'Big Beauty Gift' collection.

Choose from:

One step gentle exfoliating cleanser
Moisture rich body lotion
Cryo flash mask
SOS white primer
Total eye revive cream
Honey lip oil
Super restorative day cream
Beauty flash balm
Tonic showers concentrate
Multi active day cream



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Held in the Beauty Shop 5:00pm.

CLARINS

MAKE-UP IN MINUTES

Book a 25-minute one-to-one Clarins makeover to discover your make-up must haves and a fresh new look. Learn how to:

- Get the rosy glow
- Quick fix make up
- Create stand out eyes
- Get a perfect base

£25 booking fee redeemable when you purchase 2 or more Clarins products after your makeover.

MAKE-UP MASTERCLASS

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THE ART OF HAPPINESS

Thursday | 10:30am | The Retreat | £15 per person

Join us for a guided journey to the centre of your being, nurturing the garden within. Through meditation and a candle ritual, you'll connect deeply with yourself, embrace your emotions, and create a sacred space for reflection and growth. Take home this meaningful practice to cultivate peace, intention, and the vibrant energy of winter.

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